

**Hampstead
Health
Society.**

March, 1907 to March, 1908.



22502579064

A07 Box

THE
Hampstead Health Society,

AFFILIATED TO THE

**Mansion House Council on the Dwellings of
the Poor.**

Fifth Annual Report,

April 1st, 1907, to March 31st, 1908.

President :

The Mayor, Councillor E. E. Lake.

Vice-Presidents :

Alderman E. COLLINGWOOD ANDREWS, M.D.
Sir GEORGE BARHAM, Sir HENRY HARBEN,
Alderman HANHART,
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Alderman DONALD McMILLAN.
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Vice-Chairman : Councillor T. HANCOCK NUNN.

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Sanitary Aid: Miss CHANNING, 62, Fellows Road.
G. D. FRYER, 29, Lisburne Road.
Phthisis: Mrs. T. HANCOCK NUNN, Rosslyn Grove.
Infants' Health: Mrs. EDMUND GRUNDY,
14, Thurlow Road.
Mrs. MAYNARD, Kingswood, Antrim Street.

Hon. Treasurer (pro tem) :

EDMUND GRUNDY. 14, Thurlow Road.

Hon. Auditor : MONTAGU F. HOPSON, L.D.S.

Bankers : LONDON & SOUTH-WESTERN, The Bank,
High Street.

(16,914)

Object and Methods.

OBJECT.—To improve the health conditions of Hampstead.

METHODS.—(1) By co-operation with the Municipal and other Agencies.

(2) By investigation and discussion of sanitary questions.

(3) By arranging lectures and addresses, and by the distribution of leaflets, pamphlets, and placards.

(4) By receiving and investigating reports as to insanitary conditions, and dealing with them by reference to the Municipal Authorities or otherwise.

(5) By informing householders, tenants, and others of their rights and duties; and, under special circumstances, by obtaining sanitary or legal advice for them.

(6) By procuring the services of visitors who will undertake practical educational work for the prevention of the spread of consumption, for the reduction of infant mortality, and generally for the promotion of health.

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6747

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The Mayor, Councillor E. E. LAKE.

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Alderman C. FLEETWOOD PRITCHARD.

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Rev. C. W. VICK.
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Vice-Chairman :

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Miss DOBBIE, M.D., Redcroft, 172, Haverstock Hill.

JOHN DUNBAR, Rose Cottage, South End Road.

G. D. FRYER, 29, Lisburne Road.

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Miss LINDSAY, Wedderburn House.

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Grove, Rosslyn Hill.

Councillor E. S. PAYNE, 45, Rosslyn Hill.

Rev. ERNEST SHARPE, M.A., Emmanuel Vicarage,
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Hon. Secs.:—

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 G. D. FRYER, 29, Lisburne Road.

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 Mrs. BLUNDEN.*
 Mrs. FISHER.
 Rev. A. W. B. HIGGENS.*
 Miss M. A. KINDER.*
 Miss S LEE.*
 Miss LINDSAY.
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 C. F. McCLEARY, M.D., D.P.H.
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 Councillor T. HANCOCK NUNN.
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 Mme. LE BRETON-SIMMONS.*
 Miss SPICER.*
 Miss M. R. TOPHAM.
 Miss F. KATHLEEN URWICK.*
 Miss WARBURTON.*
 Mrs. T. HANCOCK NUNN (*Hon. Secretary*).

* Visitors.

Other Phthisis Visitors.

Miss M. FORD ANDERSON.
 Miss BURROWS.
 Miss BULLER.
 Miss EVANS.
 Miss M. EVANS.
 Miss FORTEY.
 Mrs. FRODSHAM.
 Miss HALL.
 Mrs. HOMFRAY.
 Mrs. HOWIE.
 Mrs. HUTCHINSON.
 Mrs. HYMANS DE TIEL.
 Mrs. McCLEARY.
 Miss McCURDY.
 Miss G. PEARCE.
 Miss RINTOUL.
 Miss TYAS.
 Miss WALLIS.
 Miss WERNER.

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Chairman.

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 Mrs. CHANDLER.
 Miss DOBBIE, M.D.
 EDMUND GRUNDY.
 C. E. HECHT.
 Miss M. A. KINDER.
 Mrs. PHOSPHOR MALLAM.
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 G. F. McCLEARY, M.D. (Medical Officer of Health).
 CECIL J. R. MACFADDEN, M.D.
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 Councillor and Mrs. T. HANCOCK NUNN.
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Hon. Secs. : Mrs. EDMUND GRUNDY, 14, Thurlow Road
 Mrs. MAYNARD, Kingswood, Antrim St.

Infants' Health Visitors.

Mrs. F. E. F. BARHAM.
Mrs. C. F. T. BLYTH.
Mrs. COPELAND BOWIE.
Mrs. CHANDLER.
Miss A. C. CUNDY.
Mrs. BERNARD DYER.
Miss E. K. EVANS.
Miss L. EVANS.
Miss R. EVANS.
Mrs. GATTY.
Mrs. GRIFFIN.
Mrs. EDMUND GRUNDY.
Mrs. MAYNARD.
Mrs. J. T. OSLER.
Mrs. RINTOUL.
Mrs. TYRWHITT.
Mrs. WURTZBURG.

Annual Report.

The Executive Committee have pleasure in presenting their Report upon the work of the Society during the twelve months ending March 31st 1908.

REPORT OF THE JOINT PHTHISIS COMMITTEE OF THE HEALTH SOCIETY AND THE EXECUTIVE OF THE COUNCIL OF SOCIAL WELFARE.

To the health worker the past year has been a year of great encouragement. The President of the Local Government Board has twice taken a prominent part in Conferences of representatives of Municipal and other Bodies on the problem presented by the death-rate, especially of infants. The Education Act of 1907 contained important provisions bearing upon Medical Inspection and hygienic care of the children in Elementary Schools. Sir Robert Morant's Memorandum upon these provisions published later in the year, promises that the whole physical development of the Elementary School child shall receive increasing care and supervision at the hands of the Educational Authorities. The London County Council by many fresh departures, of which its experiment of an open-air school for children inclined to phthisis is but an instance, has indicated the spirit in which it will apply the great powers of which it is the trustee.

The care of children exhibiting a tendency to consumption, or suffering from its incipient stages, has become an increasingly important part of our Phthisis Committee's work, as the following case will show.

The Children in Danger.

A man, who for several years had led an idle dissolute life, was notified to the Medical Officer of Health

as suffering from phthisis and heart disease, on his removal to the Infirmary in March, 1907. An application was made by the Sanitary Inspector soon after, on behalf of his family, to the Joint Phthisis Committee.

The wife had had a hard struggle, what with her husband's ill-health and dissolute conduct. Five children had died, two of phthisis. She was earning 12s. a week at daily work, while her eldest daughter could only take a morning place and look after the home and children. A boy of 15, working in a piano factory, was pronounced healthy. There were four dependent children. The family occupied three rooms in an unhealthy mews.

A letter for Mount Vernon Hospital (out-patients) was given to a girl aged ten, who was reported by the Medical Referee to be "a very suitable case for sanatorium treatment of a limited localised lesion." Arrangements were made for her to go to Boxgrove Sanatorium, and pending her admission on July 31st she was sent to the Infirmary.

The family were helped by the Church during an outbreak of measles. The father meanwhile was admitted to Mount Vernon Hospital and sent thence to Northwood.

In September the girl at Boxgrove was reported to be "much better, and likely to be cured after six months' treatment." A similar report was obtained in October, and the child remained.

At this time a younger child was observed to be ailing and was sent to Mount Vernon Hospital (out-patients.) The doctor reported that she was suffering from tuberculosis, and advised that a letter be obtained at once for Northwood. A letter was given by the Committee and she was admitted.

She was reported in January to have made excellent progress. Meanwhile very favourable reports were received with regard to the elder girl from Boxgrove. "Her lung condition is now quite cured, but for the next three months it is desirable she should attend school for half days only, and also have all home work excused." Rest, fresh air, virol, and good food were also insisted upon.

Great pressure was brought to bear upon the mother to get her to remove to healthier surroundings, and the

removal was finally effected in January, part of the expenses being borne by the Committee. The old rooms were disinfected.

The father, who had been sent back to the Infirmary, died there on January 29th.

The elder child returned to her new home on January 31st. Virol was given during the winter by the Committee, but the mother is anxious to be independent. The elder daughter who was going to service looks after the children. The two occupy one airy room; the Committee provided a bed that they might sleep separately.

Perhaps this case illustrates as well as any the many-sided work of our Joint Phthisis Committee—the investigation of deep-seated causes of disease—the combined efforts needed to meet it, the relief in the home, the institutional care, the municipal action needed to prevent its spread, the vigilant watch that must be kept by some one friendly visitor to ensure that the complex machinery of modern aid shall be effectually administered, and yet felt not as machinery, but as neighbourly help. Perhaps this confidence in friendly influences is in no other part of the work so necessary as where a family or a member of it has to be induced to give up hurtful habits and modes of life that have become second nature. There is no strict line of demarcation between physical and moral habit. There is no machinery to our hand at present for its guidance but the vigilance and alertness, the care and patient skill, of the Friendly Visitor and lady Inspector. Mere machinery breaks down in such a contest. The Lady Inspector and the Voluntary Visitors at present meet the need inadequately enough. What is needed is that the whole community should be alive to the causes of its own suffering, and all members of it willing to play their part in an organized effort to remove these causes, whatever it may cost in time, in ease, or in prejudice.

Our appeal, therefore, on the one hand, for a continuance of the present combined effort amongst all the

Agencies of Voluntary Assistance, and on the other hand for a proportional increase of Municipal staff, leaves no room for refusal from the advocate either of Municipal, or of Voluntary action. We need the help of all the efficient Municipal organization, and of all the trained helpers, we can enlist. But it must be understood that our appeal is an appeal not for casual unskilled labour, but for skilled and regular service. The training required for such a service we are prepared to give, aided as we are by the expert officers of every department of our work. We earnestly appeal therefore, for workers who will undergo training and give, not necessarily continuous, but regular, work.

We will venture to cite two more cases, illustrative of the efforts that we make, not merely to fit the patient for a life of independence in the future, but also to remove him or her from conditions under which the disease was contracted:—

Restored to Life and Work.

H, a domestic servant, aged 34, referred here by her medical attendant, was certified for Sanatorium Treatment, being in the first stage of pulmonary phthisis.

Aided by the contributions of her father, she was sent to Kelling Sanatorium, from July 9th to October 8th, 1906. Her ex-mistress also contributed. A place was found for her in Wiltshire as house-parlourmaid.

Dr. Fanning, after she had left, reported she had done very well indeed. "She looks a different person since she came here. Her temperature is normal, and she has gained 20½ lbs. in weight."

Our last medical report, dated February 4th, 1908 is as follows:—

"I have examined this girl a few days ago, and I could find no indications of pulmonary trouble. For some time past she has been taking Virol, and this seems to have plumped her up wonderfully. I do not consider that Sanatorium Treatment is at all indicated. I think she is fit for work, but a rest for a time would do her no harm."

C, a watchmaker, 30 years old, with a mother partly dependent, was referred to us by the deaconess of his parish. He had a little while before left Kelling Sanatorium, where he paid for the treatment out of his own savings, and had at the time of his application been given an in-patient letter for Northwood Sanatorium.

When his time was up at Northwood, the doctor of the Sanatorium and the Medical Referee agreed that further treatment was desirable. The latter reported as follows:—

“Now is his only chance, and it would be more profitable to give him now what treatment is possible so as to make a continuous course, and take advantage of what has already been done.”

Accordingly he was sent to Coppin's Green Sanatorium on October 24th, 1907, towards the expense of which he is contributing 2s. a week from the benefit he is receiving from the Oddfellows. Reports from the doctor of the Sanatorium have been favourable. The last, dated December 30th, is as follows:—

“I am glad to be able to report satisfactory progress in the health of this patient. There is no active tuberculosis, but the condition with which we have to deal is the result of tuberculous pleurisy and the resulting shortness of breath. Spasmodic cough, with occasional hemorrhage quite prevent the man following his usual occupation. During the past month there has been steady improvement in each of these symptoms, and there has been no hemorrhage. General health has also been excellent. I am satisfied with progress, and anticipate that the steady, but slow, improvement will continue.”

As we are going to press (May, 1908) we have received a contribution towards his own case from this patient amounting to 30s., his earnings during the last three weeks.

In these two cases we cannot but see how closely positive personal help of a general character intersects the preventive work of the Public Health Department. As Public Health busies itself more and more with personal

hygiene, the need for something more than a scientific and administrative interest in this department of its work is felt by its officers; at the same time the opportunity for scientific administration in the work of personal assistance forces itself upon the voluntary worker. The solution of this twofold need lies in the close co-operation of the two parties concerned, in a closer understanding of their common object—not the health only, but the wholeness of the community. Here is a case. Is the disease arrested, and its spread prevented, and another life saved from the death-rate and for the community? Here, too, is a *man*. Has he been strengthened in weakness, re-established in industry, restored to the life of the family, worth to his community what has been spent upon him in money, time, and loving service?

The Joint Phthisis Committee, on which, or in close touch with which, voluntary workers are much needed, is representative of the churches, the Public Health Department of the Borough Council, the Board of Guardians, the Mount Vernon Hospital, and several other Relief Agencies including the Wells and Campden Trustees, who make generous grants for convalescent patients, and the lady collectors of the Council of Social Welfare, who collect much of the money needed for costly Sanatorium treatment. It is, we hope, an efficient instrument for a combined attack upon one of the commonest of diseases.

We gratefully acknowledge the kind hospitality of Mrs. Fleetwood Pritchard, and of Miss Lister, who lent their drawing-rooms, and of Dr. Johnston and Dr. Kelynack, who lent their advocacy to our cause, at two meetings held last summer. It is a matter of regret to the organizers of these funds that there was no surplus for the Sanatorium aid of the poor of the East End this year. An average of £120 per annum had been sent to the East End during the three previous years.

A return of work during the past two years is appended.

The Committee desires to express its great regret that owing to the need for a prolonged rest, Mrs. Nunn's labours as honorary secretary have been necessarily suspended during the past year.

MARCH 1906—MARCH 1908.

Some of these cases have been on our books some time previous to the former date, and the help recorded previous to March, 1907, is, therefore, in some cases for more than one year.

	1906-7	1907-8
	and previous.	
Health-visited	129	181
Disinfection, partial or complete	44	38
Removed from or alteration of home conditions	16	17
Migration to country	11	6
Emigration	2	2
*Convalescent treatment	18	26
†Sanatorium treatment	14	14
Country holiday, change of air with relatives	5	11
Out-patient letters	66	88
Hospital treatment (In-patient)	28	32
Infirmatory treatment	15	13
Surgical Aid (including teeth)		9
Nourishment to patient	21	21
Referred to National Society for Prevention of Cruelty to Children		4
Family relief	12	30
Family Arrangement		6
Work found	7	9
Gone away without leaving address	9	15
Gone to outlying districts but still reported on occasionally	13	10
Deaths	12	10

*Including 4 at the Metropolitan Convalescent Institution, Broadstairs.

†Including 4 at St. Catherine's Hospital, Ramsgate.

INFANTS' HEALTH COMMITTEE.

The work of visiting Infants has now been carried on for twelve months, and the Infants' Health Committee are glad to be able to report that since last summer practically all the cases in the districts in which this section of the Society's work is carried on (that is the Town and

Belsize Wards) where it was thought that the advice of an Infant Visitor would be beneficial, and where the mother has been willing to receive the visitor, are under supervision. During the earlier months of the year it was found impossible to carry this out completely through want of sufficient Visitors. As many as twenty Visitors were appointed in the course of the year, but some of these have not been able to continue the work, and the average number of Visitors has been fourteen.

During the year 1907 these Visitors undertook the supervision of 120 Infants. In fourteen cases the mothers did not wish to be visited, and of the remainder,

13 have moved away, but 8 were visited till over six months old,

10 were cases where visiting was unnecessary,

83 were still being visited at the end of the year.

We have only one death to record among the infants visited, and this was due to bronchitis.

Since January, 1908, 13 babies have completed their first year, and 26 new ones have been entered on the register. In two of these cases the Visitor was not welcome, and in one visiting was unnecessary, so the Visitors have now 93 babies under their care.

The Visitors are usually well received—sometimes most gratefully—and they are careful not to continue their visits if they have reason to think that they are not welcomed—this has happened in about 10 per cent. of the whole number of cases.

The Secretaries receive information of the birth of an infant from the M.O.H., and they ask one of the Visitors to visit the case and report on it at the Visitors' meeting, which takes place every fortnight under the chairmanship of Dr. McCleary. At these meetings a report on every baby is given, and any difficulty, either medical or social, considered.

The Committee desire to thank Mrs. Phosphor Mallam and Mrs. Fuller for their assistance as secretaries, and much regret that they were unable to continue their work. They are, however, fortunate in having secured the valuable help of Mrs. Maynard, both as hon. secretary

and visitor, and much appreciate the care and interest which she devotes to these duties.

The Committee are glad to take this opportunity of thanking those ladies who have so kindly undertaken to visit the babies in Hampstead.

It has not yet been possible for the Committee to extend their work to West Hampstead and Kilburn owing to the difficulty of finding a lady to act as honorary secretary, but they hope that they may be able to do so before long.

SANITARY AID COMMITTEE.

During the year, ten cases have been investigated, of which three were dismissed, as the complaints were too vague for any practical reform to be undertaken.

Representations as to Sanitary arrangements on Hampstead Heath on Bank Holidays were considered and carefully investigated, but the conclusion was formed that there was but little ground of complaint.

Three houses reported upon were in a bad sanitary condition, but are now in good order.

Two public conveniences, both found to be in a very bad state, have since, on our initiative, been repaired, and are now in a sanitary condition. One case of personal uncleanness could not be proceeded with, owing to the disappearance of the person. Complaints have been received, and much correspondence has taken place, regarding the present sanitary arrangements in Hampstead Town. This subject is still under consideration.

LECTURES.

There is at present no Lectures Committee, but Miss Topham began in November last to organize addresses on Elementary Health subjects, to be given in the first instance at Mothers' Meetings, and later on at Clubs and other Institutions for young women. So far nine addresses have been given at Mothers' Meetings, as follows:—

By Mrs. Fisher at St. Saviour's, South Hampstead; by Dr. Miles Miley, at St. Mary's, Kilburn; two by Dr. Moffett at the Abbey Road Baptist Chapel; by Dr. Roche, at the Gospel Oak Congregational Church, and at the Gospel Oak Wesleyan Church; by Mrs. Hepburn, at St.

Paul's, Kilburn; by Mrs. Frazer Nash, at Christ Church; and by Dr. Alice Brown, at St. Mary the Virgin. Arrangements are being made to supply a speaker for St. Paul's, Avenue Road.

The subject has been in almost every case the Care of Infants. The organizers of the meetings at almost all the Churches just mentioned wish to have further addresses later on. Dr. Harcourt Gervis and Dr. Hugh Thompson have kindly consented to speak.

The Managers of some of the Girls' Clubs and other Institutions for young women have lately been approached with a view to the arrangement of addresses, or, if possible, courses of addresses to the Members on Health subjects. The secretary of the Y.W.C.A. has cordially responded, and we hope to arrange a course on Hygiene or Home Nursing shortly. The Manager of the Welfare Club for Working Girls has also expressed a wish for one or more elementary addresses on these subjects to her members.

A schedule showing the details of the lectures at the Mother's Meetings is appended.

GENERAL.

A public meeting was held under the auspices of the Society on the 14th May, 1907, in the Town Hall, when Canon Horsley and Professor Kenwood kindly gave addresses, supported by the Rev. H. N. Bate, Dr. G. S. Buchanan, Mr. W. G. Snowden Gard, Dr. McCleary, M.O.H., Dr. MacFadden, Dr. Rayner, and Dr. E. Claude Taylor.

It is satisfactory to be able to state that in response to representations by the Society as to the need of Ambulances on the Heath, the London County Council has decided to provide two ambulances there.

Lecture List.

1907.	PLACE.	LECTURER.	SUBJECT.	ATTENDANCE.
November 25	St. Saviour's ...	Mrs. Fisher ...	The Care of Infants. ...	50
"	St. Mary's, Kilburn ...	Miles Miley, M.A., M.D.	" "	57
"	Abbey Road Baptist Chapel	Miss Moffett, M.D. ...	" "	100
"	Gospel Oak Congregational Church	A. R. Roche, M.R.C.S., L.R.C.P.	" "	80
"	Gospel Oak Wesleyan Church	" "	" "	65
December 2	St Paul's, Kilburn ...	Mrs. Hepburn ...	Health in the Home ...	20
December 9	Christ Church ...	Mrs. Frazer Nash, L.R.C.P. & S.	The Care of Infants ...	103
"	St. Mary the Virgin ...	Miss Brown, M.D. ...	" "	16
1908. January 27	Abbey Road Baptist Chapel	Miss Moffett, M.D. ...	" "	100

List of Subscribers.

For the year ending 31st March, 1908.

	£	s.	d.
W. Baily	1	1	0
P. A. Barendt	1	1	0
P. A. Barendt (donation)	1	1	0
G. W. Brown (donation)	1	1	0
Macdonald Brown, M.D.	10	6	
Sir George Barham	1	1	0
Miss E. S. Case		5	0
J. C. Drummond		5	0
Mrs. J. C. Drummond		5	0
Dr. Bernard Dyer	1	1	0
Mrs. Enfield		5	0
Miss Frankau		10	0
Mrs. Finlay		5	0
H. J. Glanville	1	1	0
S. Gilfillan	1	1	0
Harcourt Gervis, M.D.		10	0
Mrs. Holland	1	1	0
Mrs. Montagu F. Hopson		10	6
Mrs. Jolly	2	0	0
H. B. Lee		10	0
J. P. R. Lyell		5	0
Miss T. E. Moore		5	0
Miss McCurdy		5	0
Alderman D. McMillan		10	0
M. Y. Maxwell	1	1	0
The Misses Mullins		10	0
Mr. and Mrs. T. Hancock Nunn		10	6
Owen Owen	1	1	0
C. A. Russell, K.C.	1	1	0
H. A. Sanson		10	6
	21	4	0

Hampstead Health Society.

TREASURER'S STATEMENT OF RECEIPTS AND PAYMENTS.

For the Year ending 31st March, 1908.

RECEIPTS.		EXPENDITURE.	
	£ s. d.		£ s. d.
Balance in Bank ...	... 5 2 10	Printing and Stationery ...	... 31 14 8
Subscriptions and Donations ...	... 21 4 0	Hire of Hall ...	... 1 1 0
Sale of Placards ...	... 1 16 0	Advertising ...	... 0 10 0
Balance owing to Treasurer ...	... 5 2 10		
	£33 5 8		£33 5 8

EDMUND GRUNDY, *Hon. Treasurer (pro tem)*,

MONTAGU F. HOPSON, *Hon. Auditor.*

APPENDIX.

London County Council.

THE LONDON COUNTY COUNCIL HEREBY GIVES NOTICE that, in pursuance of its powers under the Municipal Corporations Act, 1882, and the Local Government Act, 1888, it has made the following

BY-LAW

For the Good Rule and Government of

THE COUNTY OF LONDON,

And that the said BY-LAW is now in force.

SPITTING.

No person shall spit on the floor, side, or wall of any public carriage, or of any public hall, public waiting-room, or place of public entertainment, whether admission thereto be obtained upon payment or not.

Any person who shall offend against this by-law shall be liable for each offence to a fine not exceeding forty shillings.

G. L. GOMME,

Clerk of the Council.

SPRING GARDENS, S.W.

10th July, 1903.

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